
The seal of the Civil Air Patrol is a circular emblem. It features an eagle with wings spread, perched on a shield. The shield has a propeller design. The words "CIVIL AIR PATROL" are arched across the top, and "UNITED STATES AIR FORCE" is arched across the bottom. The word "AUXILIARY" is on the left side. There are stars around the inner circle.

Study Skills Seminar Student Packet

Module #4 — Nutrition

Name: _____

Capital Composite Squadron

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Nutrition

Although it may not seem directly related, nutrition actually plays an important part in how well you do in your learning activities. If your body and mind are not functioning properly, there is no way you can learn well. In this module, we will show you some simple ways to make sure that you are taking care of yourself and improve your learning.

There are many books and references on nutrition and as a teenager you have already had basic nutrition in grade school and junior high. What we are going to do in this course of study is to give you a workable teenage healthier eating plan. We are not going to say to never eat french fries – instead, we hope to illustrate better nutrition choices that you can consider when possible. We are going to keep it simple and straight forward.

Drink 2

Don't count on thirst to tell you that you need more fluids. Most of us do not drink as much water as we should. The thirst mechanism becomes erratic after young childhood. In order to keep it simple, we should drink about 2 liters of fluids every day. Think of a 2-liter pop bottle. That is the

amount of fluids you should drink every day – not two liters of one thing, but a combination of water, milk, juice, and so on.

Just drink everything you normally would drink, and in addition, drink one extra liter of water.

People tend to drink more if they sip (like through a straw). This can help you drink while you are doing other things.

Here is an old nurse's trick to see if you are dehydrated (short on fluids). Hold out

your hand straight in front of you. With your fingers, pinch the skin on the back of your hand then quickly let go. At your age it should snap back immediately. If it doesn't, you need more fluid.

Another point to ponder, constipation is often the result of dehydration.

Eat 5

Studies show that Americans get far more protein than they need, so we will not discuss protein in this lesson.

You have all heard the words:

- Vitamins
- Minerals
- Nutrients
- Carbohydrates
- Fat grams

KEEP IT STRAIGHT

2-5-8

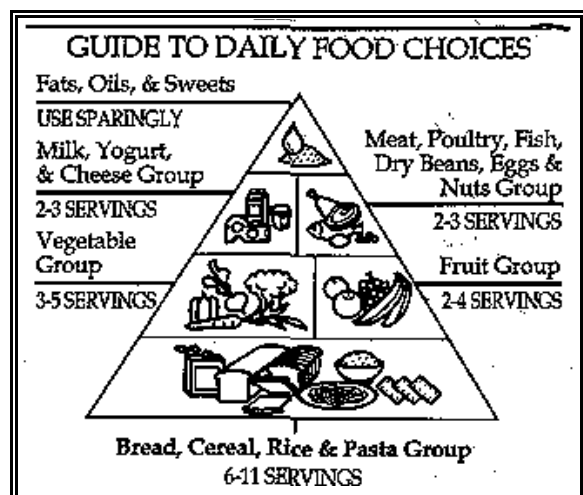
Drink 2 liters a day

Eat 5 real food items a day

Sleep 8 hours a night

Sodium Cholesterol

There are many detailed nutrition books on these important concepts.



Department of Agriculture, US Department of Health and Human Services

What we are considering here is a workable teenage eating plan.

Nature has made it possible for you to achieve good nutrition from 'real' foods. The fast food American culture has change the quality to convenience.

Our simple eating plan to boost nutrition stresses eating five 'real' fruits and/or vegetables a day. Remember to keep all your eating choices in the real category wherever possible.

The idea here is to keep foods as close to their "real" look as possible. Any fresh fruit and vegetable qualify as 'real.' Potatoes leave the real category when they are fried because the fat content negates their real value. Also the high heat of the oil breaks down the nutrient value.

In the 1970s, the FDA realized that cold

cereal had the same nutrient value as the cardboard box it came in, so all cereals are now sprayed with liquid vitamins to bring their values up to 25% of the daily minimum requirement so they qualify as real.

All lunch meat are pretend because they are mostly fat instead of meat. Replace lunch meats with 'real' deli sliced beef or turkey.

So, to put foods in a real category, here are a few rules to help you decide.

- Choose foods that are closer to their natural appearance (Does it look like it did when it was on the farm?)
- Choose foods that have the brightest natural colors or darker green.

Real vs. Pretend Exercise

Check either *real* or *pretend* next to each of the foods below.

<i>Real</i>	Food	<i>Pretend</i>
	apple pop tart	
	apple	
	orange	
	banana	
	peas	
	beans	
	carrots	
	romaine lettuce	
	butter lettuce	
	iceberg lettuce	
	green leaf lettuce	
	baked potato	
	french fries	
	mashed potatoes	
	potato chips	
	rice	
	green chili	
	ketchup	
	salsa	

_____	orange juice 100%	_____
_____	Sunkist pop	_____
_____	apple juice 100%	_____
_____	High C	_____
_____	grape juice	_____
_____	Hawaiian punch	_____
_____	milk	_____
_____	any soda pop	_____
_____	gator aid	_____
_____	chocolate milk	_____
_____	chocolate drink	_____
_____	cottage cheese	_____
_____	any "punch" or "drink"	_____
_____	cream cheese	_____
_____	cheese	_____
_____	butter	_____
_____	yogurt	_____
_____	cheese food	_____
_____	processed American	_____
_____	cheese	_____
_____	margarine	_____
_____	canola oil	_____
_____	olive oil	_____
_____	ice cream	_____
_____	pudding	_____
_____	whole wheat bread	_____
_____	white bread	_____
_____	any cold cereal	_____
_____	oatmeal	_____
_____	cream of wheat	_____
_____	Malt-O-Meal	_____
_____	Instant Breakfast drink	_____
_____	popcorn	_____
_____	Fritos	_____
_____	beans	_____
_____	Spam	_____

Example Menu

Now let's make up a menu for eating at least 5 "real" fruits and vegetables a day. The idea here is to keep choices in the real

category whenever possible, and be realistic. Let's also keep track of how much we drink.

Breakfast

orange juice (6oz - 180cc)
cereal with **banana** & milk (3oz - 90cc --
be sure to drink the milk)

Lunch

Taco Bell 7 layer burrito

apple
coke (14oz - 420cc)

Dinner

Swiss steak
mashed potatoes
peas
milk or apple juice (8oz - 240cc)

Snack

Milk (8oz - 240cc) & Oreo cookies

Additional water for the day

830cc or just under half of your 2 liter
water bottle.

If you are in a hurry and don't have time to cook or worry about food, you can still get your 2 liters of fluid and 5 fruits and vegetables.

Breakfast

Carnation Instant Breakfast
and Milk (8oz - 240cc)
Banana

Snack

apple
popcorn
can of Hi-C (12oz - 360cc)

Lunch

Wendy's Burger
baked potato
coke (14oz - 420cc)

Snack

apple juice (12oz - 360cc)

Dinner

Lean Cuisine
with mashed potatoes and corn
Milk (8oz - 240cc)

Additional water for the day

380cc or just under a quarter of your
2-liter water bottle.

Nutrition Labels

Corned Beef Hash

Nutrition Facts

Serv. Size 1 cup (236g)

Servings about 2

Amount Per Serving

Calories 440 Fat Cal. 270

% Daily Value*

Total Fat 30g 46%

Sat. Fat 14g 70%

Cholest. 100mg 33%

Sodium 840mg 35%

Total Carb. 23g 8%

Fiber 2g 8%

Sugars 1g

Protein 19g 35%

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serv. Size 1/4 cup (61g)

Servings Per Container About 3.5

Calories 20

Fat Cal. 0

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving %DV* Amount/serving %DV*

Total Fat 0g 0% **Total Carb. 4g** 1%

Sat. Fat 0g 0% Fiber 1g 4%

Cholest. 0mg 0% Sugars 2g

Sodium 300mg 13% **Protein 1g**

Vitamin A 6% • Vitamin C 4% • Calcium 0% • Iron 4%

Oat Meal

Nutrition Facts

Serving Size 1/2 cup (40g) dry

(makes 1 cup prepared)

Servings Per Container about 30

Amount Per Serving Quick Oats Plus 1/2 cup Vit. A & D Fortified Skim Milk

Calories 150 190

Calories from Fat 25 25

% Daily Value**

Total Fat 3g 5% 5%

Saturated Fat 0.5g 2% 2%

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg 0% 0%

Sodium 0mg 0% 3%

Total Carbohydrate 27g 9% 11%

Dietary Fiber 4g 15% 15%

Soluble Fiber 2g

Sugars 1g

Protein 5g

Vitamin A 0% 4%

Vitamin C 0% 2%

Calcium 0% 15%

Iron 10% 10%

Vitamin D 0% 10%

Rice Chex

Tuna

Nutrition Facts

Serv. Size 2 oz

(56g/about 1/4 cup)

Servings About 2.5

Calories 60

Fat Cal. 5

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving % DV* Amount/serving % DV*

Total Fat 0.5 g 1% **Total Carb. 0 g** 0%

Sat. Fat 0 g 0% Fiber 0 g 0%

Cholest. 30 mg 10% Sugars 0 g

Sodium 250 mg 10% **Protein 13 g** 23%

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

Tomato Sauce

Nutrition Facts

Serving Size 1 Cup (29g/1.0 oz.)
Servings per Package About 17

Amount Per Serving	Cereal	General with 1/2 Cup Vitamins A & D Skim Milk
Calories	110	150
Calories from Fat	0	0
% Daily Value **		
Total Fat 0g*	0 %	0 %
Saturated Fat 0g	0 %	0 %
Cholesterol 0mg	0 %	0 %
Sodium 210mg	9 %	11 %
Potassium 35mg	1 %	7 %
Total Carbohydrate 25g	8 %	10 %
Dietary Fiber 1g	4 %	4 %
Sugars 3g		
Other Carbohydrate 21g		
Protein 2g		
Vitamin A	15 %	20 %
Vitamin C	25 %	25 %
Calcium	0 %	15 %
Iron	45 %	45 %
Vitamin D	10 %	25 %
Thiamin	25 %	30 %
Riboflavin	25 %	35 %
Niacin	25 %	25 %
Vitamin B ₆	25 %	25 %
Folate	25 %	25 %
Vitamin B ₁₂	25 %	35 %
Phosphorus	2 %	15 %
Zinc	10 %	15 %

Sleep 8

In addition to nutrition, your body needs exercise and sleep to keep everything in balance.

Teens need 8 to 12 hours of sleep a night. The best sleep happens when you establish a routine. Go to bed at the same time each night and get up at the same time each morning. If you go to bed at 10pm each night, for example, get up at the same time, at 6am, every morning.

There is no such thing as catch up sleep. You can not make up for lost sleep. Teens who do not get enough sleep are slower, take tests poorly, are easy to anger, etc. You may need to get as much as 12 hours of sleep to feel sharp, decisive, and happy.

Puberty increases your need for sleep. So hang up the phone, get off the computer and

go to bed. There is not any substitute for a good night sleep.

Nutrition Check

Is an apple the same as an apple pop-tart?

How many calories do I need?

How much fat do I need?

If I am in training, do I need more fat?

What is a calorie? Can I see It?

Is Gatoraid better than real juice or milk?

Can you be overweight and under nourished?

Do I only need to drink when I am thirsty?

The more I pay for food means the better it is for me.....Right?